

# JANUARY

# 9-12 LUNCH MENU



menu subject to change

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### DID YOU KNOW....



### ORANGES

have essential Vitamin contents, antioxidants, protein, water percentage, fiber, some necessary minerals that helps in keeping your body nutrition in a balanced manner.

### Cheesy Beef Chili Dog 5

Vegetarian Chili  
Shredded Cheese  
Fresh Carrots  
100% Fruit Juice & Tropical Fruit Salad  
**Cold Alternative: Chicken Caesar Wrap**

### Beef Tacos 6

Taco Sauce & Sour Cream  
Shredded Lettuce & Cheese  
Whole Grain Tortilla  
Whole Grain Spanish Rice  
Seasoned Pinto Beans  
Banana  
**Cold Alternative: Turkey & Turkey Ham Sub**

### Chicken Parmesan with Marinara Sauce & Cheese 7

Kale & Romaine Salad  
Croutons & Italian Dressing  
Dinner Roll and Margarine  
Fresh Melon  
**Cold Alternative: Turkey & Cheese on Wheat Bread**

### BBQ Turkey on Whole Grain Bun 1

Creamy Potato Salad  
Fresh Broccoli & Ranch Dressing  
Fresh Strawberries & Grapes  
**Cold Alternative: Turkey Cold Cut Sub**

### Popcorn Chicken 2

Dipping Sauce  
Vegetable Fried Brown Rice  
Fresh Cucumber Coins & Ranch Dressing  
Banana  
**Alternative: Pizza with Cucumber, Ranch Dressing & Banana**

### Breaded Chicken Patty on Whole Grain Hamburger Bun 12

Ranch Dressing  
Fresh Grape Tomatoes  
Baked Tater Rounds & Ketchup  
Fresh Apple  
**Cold Alternative: Chicken Caesar Wrap**

### California Cheeseburger on Whole Grain Hamburger Bun 13

Ketchup & Pickles  
Tomato, Cheese, Mayo & Lettuce  
Vegetarian Baked Beans  
Fresh Orange  
**Cold Alternative: Turkey & Turkey Ham Sub**

### WG Cheese Lasagna Rolls with Marinara Sauce 14

Legume Salad  
Romaine Salad & French Dressing  
Garlic Breadstick  
100% Fruit Juice & Fresh Grapes  
**Cold Alternative: Turkey & Cheese on Wheat Bread**

### Turkey & Gravy 8

Creamy Mashed Potatoes  
Cranberry Sauce  
Fresh Zucchini Coins & Ranch Dressing  
Dinner Roll and Margarine  
Banana  
**Cold Alternative: Turkey Cold Cut Sub**

### Meatballs Marinara with Pasta and Mozzarella 9

Romaine Salad & Ranch Dressing  
Fresh Seasonal Vegetables  
Fresh Apple  
**Alternative: Pizza with Salad and Apple**

### Hot Sub Sandwich 19

Beef Meatballs  
Mozzarella & Marinara Sauce  
Fresh Carrots  
Baked Tater Rounds & Ketchup  
Raisins & Applesauce Cup  
**Cold Alternative: Chicken Caesar Wrap**

### Chicken Nuggets, Macaroni & Cheese 20

Fresh Broccoli & Ranch Dressing  
Dinner Roll & Margarine  
Veggie/Fruit Juice & Fresh Apple  
**Cold Alternative: Turkey & Turkey Ham Sub**

### Chicken Corn Dog 21

Vegetarian Baked Beans  
Romaine Salad & French Dressing  
Fresh Melon  
Banana  
**Cold Alternative: Turkey & Cheese on Wheat Bread**

### Teriyaki Chicken Drumstick 15

Vegetable Fried Brown Rice  
Cole Slaw  
Fresh Carrots  
Dinner Roll & Margarine  
Raisins  
Mandarin Oranges  
**Cold Alternative: Turkey Cold Cut Sub**

### Beef and Cheese Nachos 16

Corn Tortilla Chips  
Shredded Lettuce  
Steamed Green Beans  
Banana  
**Alternative: Pizza with Salad & Banana**

### Wheat Pancakes & Maple Syrup 22

Turkey Sausage Links  
Fresh Cucumbers  
Fresh Grapes  
Veggie/Fruit Juice  
**Cold Alternative: Turkey Cold Cut Sub**

### BBQ Beef Riblet on Bun 23

Cowboy Corn Salsa  
Corn Tortilla Chips  
Fresh Grape Tomatoes  
Ranch Dressing  
Fresh Orange  
**Alternative: Pizza with Grape Tomatoes, Ranch Dressing & Orange**

### Chicken Nuggets 26

BBQ Sauce  
Steamed Green Beans  
Fresh Zucchini  
Dinner Roll & Margarine  
Diced Peaches & Applesauce Cup  
**Cold Alternative: Chicken Caesar Wrap**

### Beef Hot Dog on Bun 27

Ketchup  
Steamed Corn  
Fresh Cucumber & Ranch Dressing  
Fresh Melon  
**Cold Alternative: Turkey & Turkey Ham Sub**

### Chicken Fajitas 28

Whole Grain Tortillas  
Shredded Lettuce & Taco Sauce  
Refried Beans with Cheese  
Fresh Apple  
**Cold Alternative: Turkey & Cheese on Wheat Bread**

### Italian Meat Sauce with Rotini Pasta 29

Mozzarella Cheese  
Romaine Salad & Italian Dressing Whole Grain Breadstick  
Large Banana  
**Cold Alternative: Turkey Cold Cut Sub**

### Rotisserie Chicken Drumstick 30

Brown Rice Pilaf  
Fresh Carrots & Ranch Dressing  
Whole Grain Giant Graham  
Fresh Grapes  
**Alternative: Pizza with Carrots & Grapes**

**MILK VARIETY SERVED AT EVERY MEAL • FAT FREE SKIM/ FAT FREE FLAVORED • 1%**